

Radiogram No. 0030u

Form 24 for 04/11/09

**CREW OFF-DUTY**

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30	CDR	Weekly Housekeeping Grille cleaning in fans: ВПpK, ВПxO, ΦC5, ΦC6, ΦC9, FGB ЦB2
07:30-07:50	FE-1	Nutrition and Repository: Urine Sample Collection
07:50-08:00		Nutrition and Repository: MELFI Urine Sample First Insertion
08:00-08:15	FE-2	Nutrition and Repository: blood draw operator
08:00-08:20	FE-1	Nutrition and Repository: blood draw
08:15-08:20	FE-2	Nutrition and Repository: Photography
08:20-09:10		Weekly Housekeeping
08:20-08:30	FE-1	Nutrition and Repository FE2: Refrigerated Centrifuge Setup
08:30-08:40		Nutrition and Repository: Config Refrigerated Centrifuge
09:10-09:15	FE-2	Nutrition and Repository: Photography
09:10-09:30	FE-1	Nutrition and Repository: Blood Sample Insertion into MELFI
09:15-10:45	FE-2	Physical Exercise (ARED)
09:30-09:40	FE-1	Nutrition and Repository: Stow Blood Sample Collection and Processing Hardware
09:40-11:50		Weekly Housekeeping
10:30-11:10	CDR	IZGIB (BEND)-DAKON. Closeout Ops. <i>Tagup with specialists (S-band)</i>
10:45-11:45	FE-2	Weekly Housekeeping
11:20-11:35	CDR	Private Psychological Conference ( <i>VHF</i> )
11:45-11:50	FE-2	PAO Hardware Setup
11:50-12:00		Crew Prep for PAO
12:00-12:20		<b>TV conference (<i>Ku-band</i>) /</b> Greetings to the participants of Flight Safety seminar; TV conference between ISS crew and [HTB] broadcast company
12:20-13:20	CDR	Physical Exercise (VELO), day 4
12:20-13:30	FE-2	Weekly Housekeeping
12:20-13:05	FE-1	
13:05-13:25		Nutrition and Repository: Urine Samples Collection
13:25-13:30		Nutrition and Repository: Insertion of Urine Samples into MELFI
13:30-14:00		Weekly Planning Conference ( <i>S-band</i> )
14:00-15:00		LUNCH
15:00-15:35	FE-2	EHS Water Sample Analysis T + 2 Days
15:00-15:40	CDR	COЖ Maintenance <b>Replacement of manual pressure gauge [MB]</b>
15:00-15:05	FE-1	BCAT-4 Camera checkout
15:05-15:20		Potable Water Dispenser (PWD); Iodinated Ambient Flush
15:20-15:30		FCF: Alignment Guide Installation
15:30-16:30		Physical Exercise (TVIS)

15:35-15:45	FE-2	Formaldehyde Monitoring Kit (FMK) stow ops
16:35-16:55	FE-1	Nutrition and Repository: Urine Samples Collection
16:55-17:00	FE-2	Nutrition and Repository: Photography
16:55-17:00	FE-1	Nutrition and Repository: Insertion of Urine Samples into MELFI
17:00-18:30	FE-1	Physical Exercise (TVIS)
17:00-18:00	FE-2	Physical Exercise (CEVIS)
18:00-19:30	CDR	Physical Exercise (TVIS), day 4
19:20-19:25	FE-2	OCA SSC router reboot
19:25-19:30		SSC file server reboot
19:30-19:35		Transfer of TVIS, RED, and HRM data to MEC
19:30-20:15	FE-1	Pre-sleep ops
19:30-21:30	CDR	
19:35-21:30	FE-2	
20:15-20:30	FE-1	Private Family Conference ( <i>S + Ku-band</i> )
20:30-21:30		Pre-sleep ops
21:30-06:00		SLEEP
<b>Task List</b>	CDR	ECON. Observations And Photography
		Auxiliary Laptop Computer System Anti-Virus Update

**Notes:**

1. SM Window #9 shutter opening is at crew discretion with **Report to MCC**
  2. See OSTP for references to US activities.
  3. Pre-sleep ops: Dinner, Daily food prep, pre-sleep)
- End of Radiogram